

WELLNESS WEDNESDAY

Resources For Residents Seeking

Mental Health - Related Assistance



In Crisis?
Call: Dial 988
Online: 988lifeline.org



National Birth Defects Awareness Month

January is National Birth Defects Awareness Month. Most birth defects can be prevented with proper care before and during pregnancy. For further information, please visit: <https://www.cdc.gov/pregnancy/index.html> The 2024 focus is "Every Journey Matters." Some birth defects are not preventable and the theme is meant to bring awareness that "People with Birth Defects are NOT Defective." For more information regarding where to find prenatal care or support after pregnancy, please contact Teresa Flynn, RN, Public Health Nurse, Hingham Health Dept. (781) 804-2371.



Line Dancing Tuesdays at Hingham Center for Active Living

Tuesdays at 10:30am starting January 9, 2024. 224 Central Street, Hingham, MA. \$5/class

Registration Required: Call (781) 741-1458

Kick up your heels and learn the basic steps to a variety of music. Please wear comfortable shoes that can gently slide on the floor.



Community Yoga with Rhiannon S.

Monday, January 22, 2024, 10am-11am, Multipurpose Room 138, Tufts Library, 46 Broad Street, Weymouth, MA. Free

Join instructor Rhiannon of Humble Roots Yoga for free community yoga. Her all-level classes are friendly, non-competitive, and judgment-free. *hands on assists will not be provided.* Bring: water bottle, yoga mat, and your sense of humor. No mat? No problem! We have a limited number of extras available for use. Registration opens 01/01/24 at 9am <https://weymouth.assabetinteractive.com/calendar/community-yoga-with-rhiannon-s-68/>



Enhance Fitness at Hale Family YMCA

Mondays/Wednesdays/Fridays, 1pm-2pm, 79 Coddington Street, Quincy, MA.

Free for Members and Non-members, Registration required:

<https://ssymca.org/program/fitness/enhance-fitness/>

Enhance Fitness is a comprehensive exercise program designed to improve the overall health and wellbeing of individuals, particularly those who are older or have chronic health conditions. This evidence-based program combines aerobic activity, strength training, flexibility exercises and balance exercises in a supportive group setting.